

**Linda Clair**  
**Meditation Retreat**  
**Kallara Conference Centre, Australia – March 2020**  
**Transcription from Audio Recordings**

**File 1B – Saturday afternoon second guided meditation**

Linda: So it's always good to take a few deep breaths into the belly, just to reaffirm your intention. And your intention is simply to stay here, be in your body as much as possible.

On a longer retreat like this during the first twenty-four hours there is probably, maybe not but probably, going to be resistance to being here. That can happen at any time during a retreat, or not during a retreat, but particularly during the first day. It's a settling in period so give it time.

It's quite normal to suddenly feel, "What am I doing here? I don't want to be here." But just take it moment by moment, sit by sit. And you'll gradually, gradually settle into this, settle in to being here. And particularly if you haven't been here before it's going to feel, maybe, overwhelming – seven days of sitting here – but give it time.

During my Zen practice, my practice with Zen teachers, they gave me the practice of counting the breaths, just to anchor the breath a bit more deeply into the body. And I've always found it an incredibly valuable practice. Many of you have been doing it for quite a while; maybe some of you have never done it before. It's very simple, very body based. You breathe in through the nose and as you breathe out, from the abdomen you silently count "one" on the outbreath. You breathe in, "two," breathe in, "three." So the breath will naturally change, and the counting will change with it, so let the breath take the lead. But the counting will just give you that extra anchor.

So you'll see how easy it is to lose yourself in thinking and to not know where you are in the counting. And if you do, simply come back to one and start again. There might be a few short thoughts in between numbers and that's fine but as soon as you lose track come back to one. And if you can get to ten without losing it go back to one.

So you can do this at the beginning of a sitting, in the middle of a sitting, anytime. Or you can do it for a whole sitting; you can do it for a whole day if you feel to. And as I said, I found it and I still find it an incredibly valuable practice. It reins in the mind just that little bit more.